

Zucchini Casserole

Makes: 6 servings

Ingredients

- 16 ounces** sausage (1 pound, ground)
- 1** onion (small, diced)
- 3** zucchini (small, diced)
- 3** squash (small, yellow, diced)
- 3** potatoes (medium, peeled and diced)
- 1 can** tomatoes (Italian stewed, cut up)

Directions

1. Brown sausage and onion together in a skillet; drain. Mix all ingredients together and place in a casserole dish.
2. Cover with foil and bake at 350 degrees for 45 minutes.

Notes

Instead of using the Italian stewed tomatoes, you could use fresh diced tomatoes with some Italian spices added.

Source: Ohio State University Cooperative Extension, Recipes - Ross County

Nutrition Information

Nutrients	Amount
Calories	220
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	30 mg
Sodium	460 mg
Total Carbohydrate	25 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	